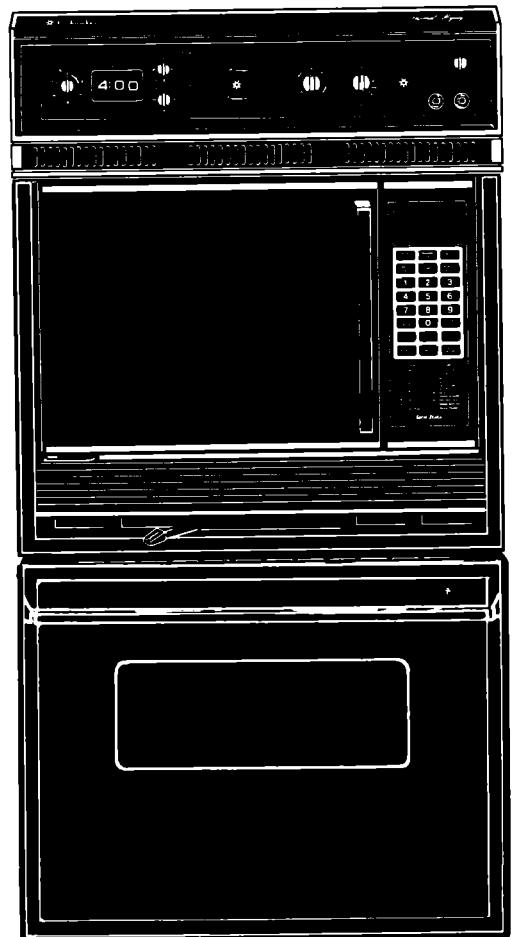
Chambers®

MODEL CMO-2743

Use and Care Guide



IMPERIAL MAJESTY

Built-In Self-Clean
Electric Microwave/Single Oven
with Retained Heat® Cooking

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TAKE A MINUTE . . .

Before using your oven, please fill out and mail your microwave oven registration card and ownership registration card.

Microwave Oven Registration Card

IMPORTANT: Your Microwave Oven Must Be Registered. Federal law requires that records be maintained on the location of all microwave ovens. Please fill out and mail the microwave oven registration card packed in the literature.

- If you move, please renew your registration by writing to us:

  Chambers Division
  Customer Relations Dept.
  P.O. Box 558
  St. Joseph, Michigan 49085-0558

- If you are not the original purchaser of this appliance, please establish your ownership by writing to the above address.
- When writing to us about your microwave oven, please be sure to include:

  Model number
  Serial number
  Date of purchase

Ownership Registration Card

Also, please fill out and mail your ownership registration card. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Products Safety Act. THIS CARD DOES NOT VERIFY YOUR WARRANTY.

Keep a copy of the bill of sale, showing the date of purchase. PROOF OF PURCHASE WILL INSURE YOU OF IN-WARRANTY SERVICE.

Write down the following information. You will need it if your oven ever requires service.

Model Number* _____
Serial Number* _____
Date Purchased _____
Dealer's Name _____
Address _____
Phone _____

***Model and Serial Numbers are located on a label at the left side of the lower oven door opening.**

IMPORTANT PRECAUTIONS FOR SAFE MICROWAVE COOKING

The Chambers Microwave Oven is designed and thoroughly tested to meet the exacting safety standards of UL and FCC requirements, and complies with safety performance standards of the U.S. Department of Health and Human Services.

Before using the Chambers Microwave Oven, please read the instructions for microwave cooking in the separate booklet titled "Use and Care of Your Microwave Oven."

Precautions to Avoid Possible Exposure to Excessive Microwave Energy

1. Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage in the:
   a. Door (bent)
   b. Hinges and Latches (broken or loosened)
   c. Door Seals and Sealing Surfaces
4. THE OVEN SHOULD NOT BE ADJUSTED OR REPAIRED BY ANYONE EXCEPT PROPERLY QUALIFIED SERVICE PERSONNEL.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

General Cooking Precautions

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" above.
3. Install or locate this appliance only in accordance with the provided installation instructions.
4. DO NOT LEAVE CHILDREN ALONE — Children should not be left alone or unattended in area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
5. CAUTION: Do not store items of interest in cabinets above your oven. Children climbing on the oven door to reach items could be seriously injured.

6. Flammable materials should not be stored in or on either oven.
7. Keep oven vent ducts unobstructed.
8. Wear proper apparel — loose-fitting or hanging garments should never be worn while using the appliance.
9. Do not operate this appliance if it is not working properly, or if it has been damaged or dropped.
10. User servicing — Do not repair or replace any part of the appliance unless specifically recommended in the manual. All other servicing should be referred to a qualified technician.
11. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
12. Know where your main oven electrical switch is located. It is important to know this in case the electrical power to your oven needs to be turned off. Have the installer show you where it is located.
13. Clean your ovens regularly. See care and cleaning instructions.
14. Use this appliance only for its intended use as described in the owner's manuals.

Microwave Oven Precautions

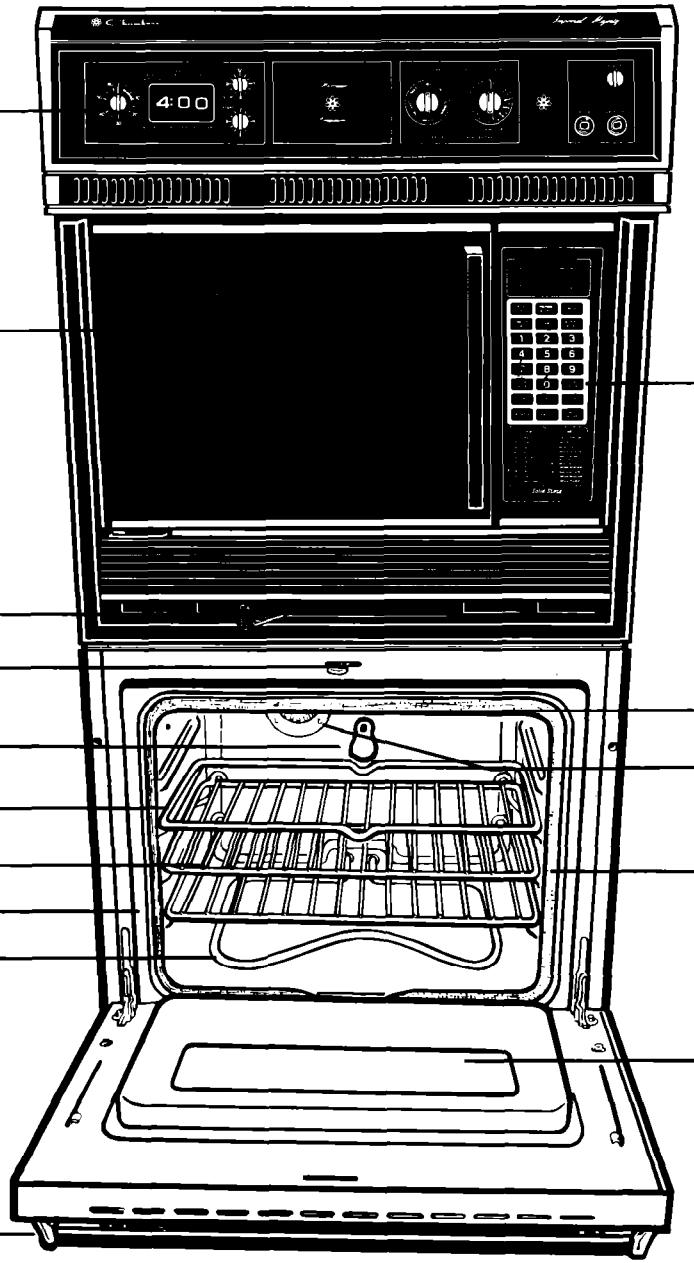
1. Some products such as whole eggs and sealed jars—for example, closed glass jars — may explode and should not be heated in the microwave oven.
2. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
3. To reduce the risk of fire in the microwave oven cavity:
   a. Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
   b. Remove wire twist ties from paper or plastic bags before placing bag in microwave oven.
   c. If materials inside the oven should ignite, keep the oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

Thermal Oven Precautions

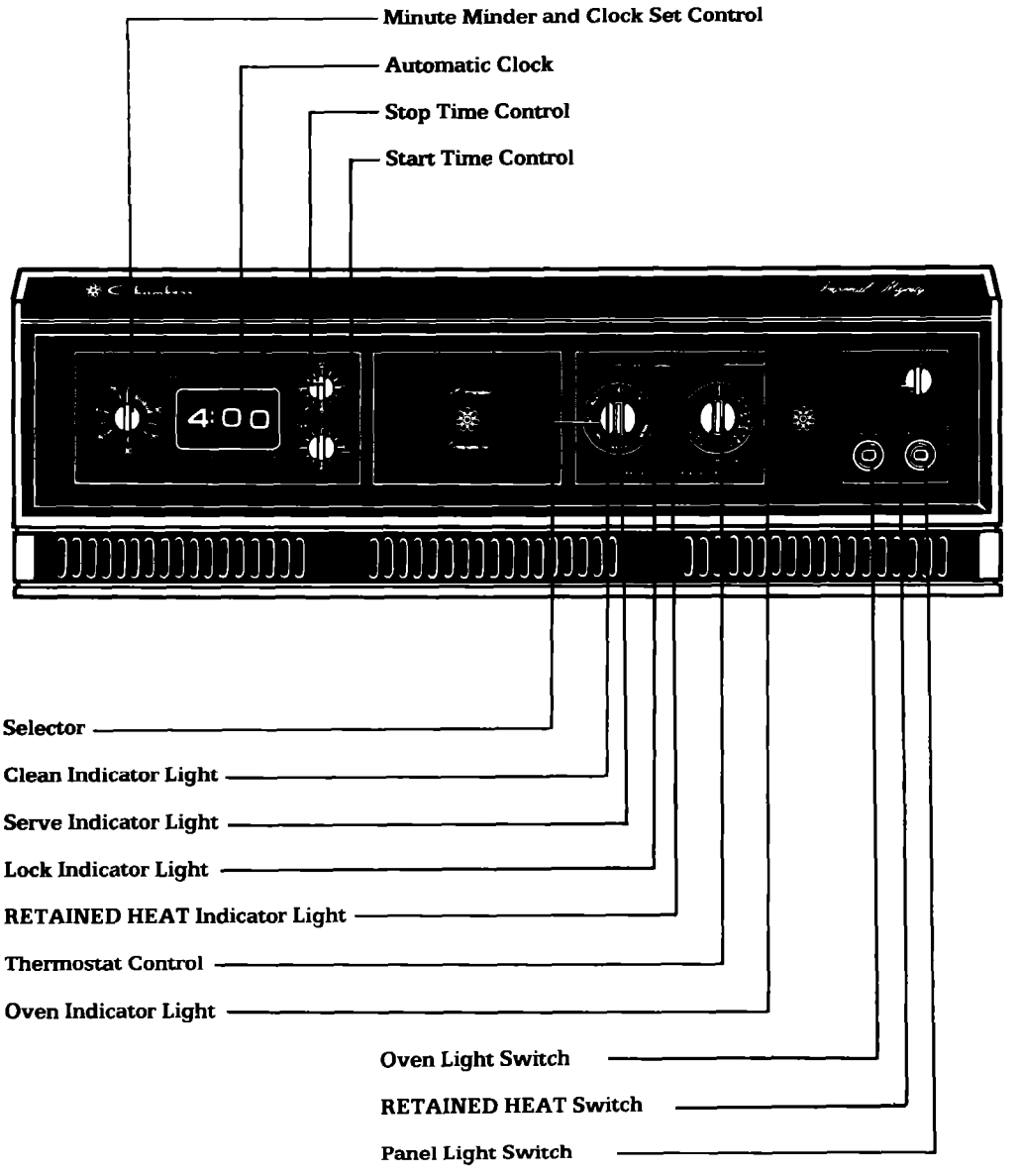
1. Never use your appliance for warming or heating the room.
2. DO NOT USE WATER ON GREASE FIRES—Smother fire or flame or use dry chemical or foam-type fire extinguisher.
3. Use only dry potholders — Moist or damp potholders on hot surfaces may result in burns from steam. Do not let potholder touch hot heating elements. Do not use a towel or other bulky cloth.
4. Use care when opening door — Let hot air or steam escape before removing or replacing food.
5. Placement of oven racks — Always position oven racks in desired location while oven is cool. If rack must be moved while oven is hot, do not let potholder contact hot heating element in oven.
6. Do not touch heating elements or interior surfaces of the oven — Heating elements may be hot even though they are dark in color. Interior surfaces of an oven become hot enough to cause burns. During and after use, do not touch, or let clothing or other flammable materials contact heating elements or interior surfaces of oven until they have had sufficient time to cool. Other surfaces of the appliance may become hot enough to cause burns — among these surfaces are oven vent openings and surfaces near these openings, oven doors and windows.
7. Never let aluminum foil touch heating elements.
8. Never touch an oven light bulb with a damp cleaning cloth unless the power is turned off to your oven and the bulb is cool to the touch.
9. Do not heat unopened food containers — Buildup of pressure may cause container to burst and result in injury.
10. Do not clean door gasket — It is essential for a good seal. Care should be taken not to rub, damage or move the gasket. Hand clean only areas recommended in this booklet.
11. Do not use oven cleaners — No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven.
12. Before self-cleaning the oven, remove broiler pan, broiler grid, oven racks and other utensils. (Do not use your oven to clean miscellaneous parts.)

SAVE THESE INSTRUCTIONS

CHAMBERS BUILT-IN OVEN FEATURES



CONTROL PANEL FEATURES



CLOCK OPERATION AND MINUTE MINDER

Your oven has two time of day clocks. The digital clock on the upper control panel controls all timed operations in the lower oven. The electronic clock located in the microwave control panel controls the microwave oven.

How to Set Clocks:

Digital Clock

Push in and turn the Minute Minder timer knob to the left until the correct time appears. NOTE: The timer hand will also turn. Reset this hand by turning the knob (do not push the knob in) to the "OFF" position.

Electronic Clock

1. Touch "CLEAR" pad.
2. Touch "TIME OF DAY" pad.
3. Enter numbers on control panel to indicate a time one minute faster than time on digital clock.
4. When digital clock registers the same time as numbers touched on microwave control panel, touch "TIME OF DAY" pad again.

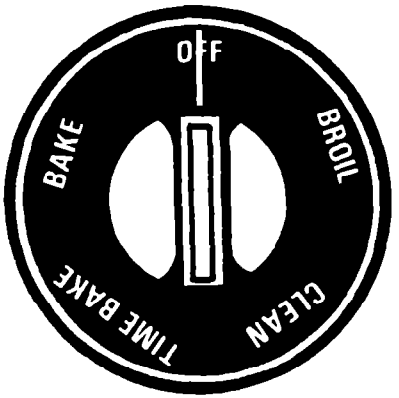
NOTE: Flashing lights in the display panel of the microwave oven indicate that there has been a power interruption to the microwave oven. Power to the microwave oven is interrupted when the selector is moved into or through the "CLEAN" position or when there is an electrical power failure.

If the clock is stopped for 18 hours or more, customer programmed recipes may be lost. The preprogrammed recipes will not be affected. Follow above instructions to reset both clocks, since power interruption will also affect the digital clock.

The two clocks operate independently and if they occasionally get out of phase with the other, there is no cause for alarm — simply reset the electronic clock as indicated above.

How to use the Minute Minder:

The Minute Minder is located on the left side of the clock. To use the Minute Minder, turn the knob to the right until the white hand points to the desired number of minutes, up to a maximum of 60. At the end of the set time, a buzzer will sound and the white hand will point to "0." After the buzzer signal, turn the knob until the white hand points to "OFF." This is a reminder only and will not turn the oven "ON" or "OFF."



Selector

The lower oven is used for baking, roasting, rotissing and broiling. It has two controls — a Selector and a Thermostat — and both must be set for the oven to work.

Selector

The Selector has five settings:

Broil — Use this setting for broiling or rotissing. Only the upper element will be on.

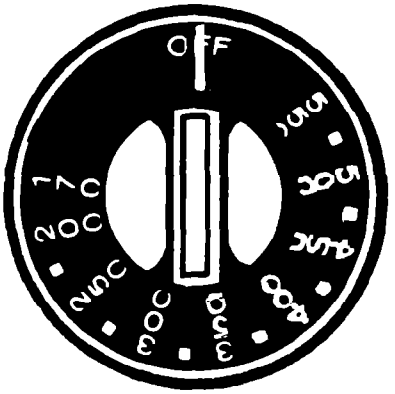
Clean — Use this setting for self-cleaning only.

Time Bake — Use this setting for Automatic Time Baking and Retained Heat Cooking. Both the upper and lower elements will be on.

Bake — Use this setting for baking and roasting. Both the upper and lower elements will be on.

Off — Use this setting to turn the oven off.

When both the upper and lower elements are on, the upper element operates at 25 percent power to aid in more uniform baking. The upper element does not turn red like the lower element which operates at full power.



Thermostat

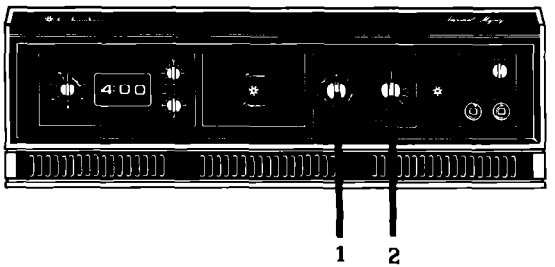
Thermostat

The adjustable Thermostat can be set at any temperature from 170°F (LOW) to 550°F. Settings LOW to 225°F are suggested for warming and holding foods.

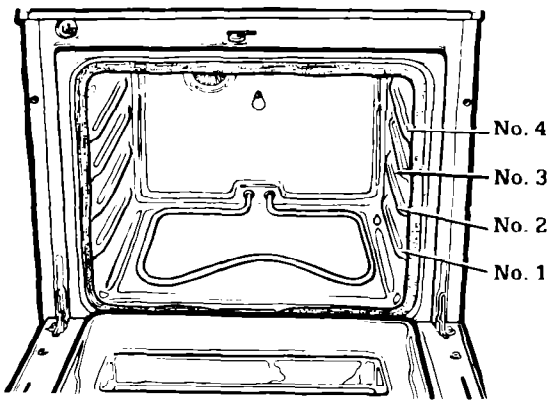
Preheating the Oven

For best results, preheat the oven unless the recipe states otherwise. Set the Selector to "BAKE" and Thermostat to the desired temperature. Exercise care in turning the Thermostat not to go past the desired set point. If setting is past, return dial to low-end stop and reset dial to desired setting. The Oven Light will go out when the desired temperature has been reached.

Be sure that the Selector is turned to "OFF" and the Thermostat is set at the low-end stop when oven is not in use.



Rack Positions



To Use the Oven for Regular Baking

1. Turn the Thermostat (1) at the recommended temperature, see baking chart, page 13.
2. Turn the Selector (2) to "BAKE."

NOTE: Your Chambers oven has a built-in temperature controlled fan to remove moisture and cool the electrical components so they will last longer. The fan will run continuously during oven operation and for a short time after the oven is turned off.

Rack Positions

Your Chambers oven has four rack positions. Rack position 4 is the highest position, or farthest from the bottom of the oven, and position 1 is closest to the bottom of the oven. Be sure to arrange the oven rack(s) before preparing foods or turning the oven on.

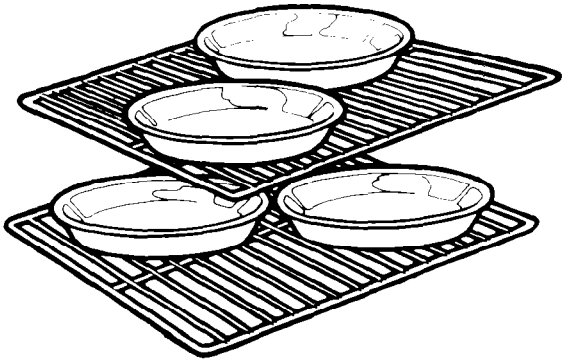
To Remove Oven Rack

1. Pull rack out until bar on back of rack touches first stop.
2. Lift front of rack up until rear position of rack slides out between two front stops.

Baking Tips

- Set the oven controls and, if necessary, allow the oven to preheat before positioning pans.
- Use the Minute Minder to time cooking functions. (See page 13 for recommended baking times.)
- Avoid opening the oven door during baking. Heat is lost and improper baking may result. Use the Bake View Window to conserve energy.
- Wait until the shortest recommended baking time is over before checking food.
- Be sure the Selector is set at "OFF", and the Thermostat is at the low end stop when cooking has been completed.
- When baking two sheets of cookies at the same time, each sheet should be removed when the desired degree of doneness is reached.

CAUTION: The Oven Lock Lever should always be unlocked (positioned to the left) except when the Selector and Thermostat are in the "CLEAN" mode.



Pan Placement

- Use only one rack when baking in a large flat pan that covers most of the rack, such as a cookie sheet.
- Stagger pans in opposite directions when two racks and several pans are used. No two pans should be be directly above each other.
- Allow 1½ to 2 inches of air space around all sides of each pan for even air circulation.
- When using a large roasting pan or cookie sheet, turn the pan so that the long side is parallel to the oven door for the best heat distribution and air flow.

Bakeware Tips

- Use the proper baking pans to insure good results. Old or darkened pans are not desirable.
- Tin coated, stainless steel, warped or dented pans do not heat evenly and will cause uneven baking.
- Bake cakes, cookies, quick breads and muffins in shiny pans to give them a tender, golden crust.
- Reduce oven temperature by 25°F when using glass pans, except when baking pies or yeast breads.
- Cookies, biscuits and cream puffs bake best on medium weight aluminum sheets with no sides or very low sides.
- Use the recommended pan size given in recipes.

Using Aluminum Foil Correctly in the Oven

If you wish to use foil to catch possible spillovers, cut a piece of foil slightly larger than the pan being used and turn up the edges. Position the foil "tray" on the oven rack below the pan. NEVER COVER AN ENTIRE OVEN RACK OR OVEN BOTTOM WITH FOIL. FOIL CAN OBSTRUCT NORMAL HEAT FLOW, CAUSE COOKING FAILURES AND DAMAGE THE OVEN INTERIOR.

NOTE: Moisture from normal oven cooking may appear on the grill located below the microwave control panel where the oven is vented. The moisture collection will be more noticeable when cooking large moist oven loads. It will disappear as the oven heats up, except in the case of an extremely moist load.

BAKING TIME AND TEMPERATURE CHART

Food	Oven Temp. Degrees F.	Approx. Time-Min.
Breads: Yeast-loaf	375	30-40
rolls, pan	400	12-15
Breads: Quick-biscuits	450	10-15
muffins	400	20-25
popovers	450	20-25
corn bread	425	25-30
nut bread	350	60-75
gingerbread	350	25-30
Cakes:		
angel cake	375	30-40
cup cake	350-375	15-20
layer cake	350-375	20-30
loaf cake	350	35-45
sponge cake	350	35-45
pound cake	350	35-40
fruit cake	300	2-2½ hrs.
sheet cake	300	25-35
Cookies:		
drop	375	10-15
rolled and refrigerated	375	8-12
chocolate	375	10-15
fruit and molasses	375	10-15
Cookies:		
brownies	350	20-30
macaroons	350	12-15
Miscellaneous:		
apples, baked	375	50-60
beans, baked	300	5-6 hrs.
custard		
casserole	325	45-60
cup	325	30-45
potatoes, baked	400	60-90
pudding		
bread	350	45-60
cottage	375	30-40
rice	325	40-60
scalloped dishes	350	60-90
souffle	350	50-60
Pastries:		
cream puffs	400	35-40
custard and pumpkin pie	350	30-40
pastry shell	450	10-12
two crust fruit pie		
cooked filling	400	25-30
uncooked filling	400	40-50
meringue topping	350	10-15

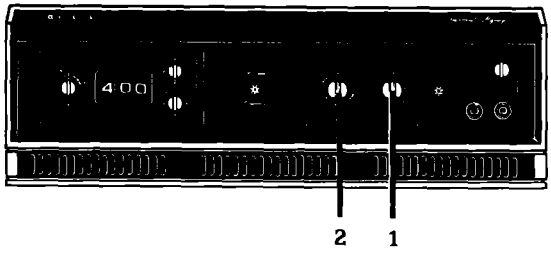
High Altitude Baking

When baking at high altitudes, recipes and baking times vary. For accurate information, write the Extension Service of your state college or university or Extension Service, Colorado State University, Fort Collins, Colorado 80523. There may be a cost for the bulletins—do specify the type of information you want (i.e. cakes, cookies, breads, etc.).

BAKING PROBLEMS AND CAUSES

PROBLEMS	CAUSES
Cookies and biscuits:	
• too brown on top	• the pan was set too high in the oven OR • the selector switch was left on "BROIL" during baking OR • if aluminum foil is used, it may distribute the heat unevenly in the oven OR • the pan sides are too deep OR • the pan is too wide or too long for the oven OR • the oven rack is overcrowded—see pan placement on page 12.
• browning more on one side than the other	• the pan was set too close to one side of the oven OR • the oven door was not closed properly.
Cakes:	
• rises higher on one side	• the batter was spread unevenly in the pan OR • the pans were set too close to the sides of the oven OR • oven is not level OR • pans were warped.
• burns on the sides	• there were too many pans or the pans were too large for the oven OR • the oven was too hot.
• cracks on top	• the batter was too thick OR • the pan was not the correct size OR • the pan was not centered in the oven.
Pies:	
• burns around the edges	• the oven was too hot OR • there were too many pans or the pans were too large for the oven OR • the pans were too dark.
• too light in color on the top	• the oven was not hot enough OR • the oven was too full, cutting off even heat distribution.

ROASTING



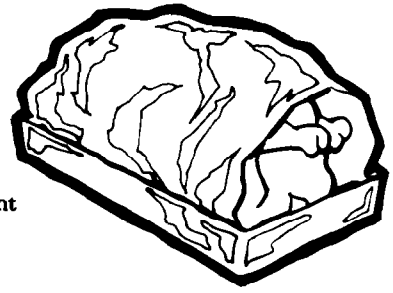
Roasting is a dry heat cooking method and recommended for poultry and tender cuts of beef, lamb, pork and veal.

To Use the Oven for Roasting

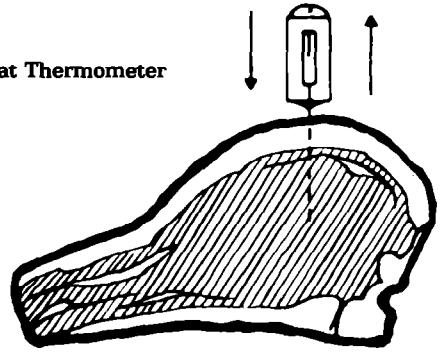
1. Arrange oven racks in desired positions.
2. Set the Thermostat (1) at the recommended temperature, see roasting chart, page 16.
3. Turn the Selector (2) to "BAKE".

Roasting Tips

- Roast meats in a shallow pan with a roasting rack
- Use a roasting pan that fits the size of the item to be roasted. Meat will overflow a pan that is too small, and a too large pan will result in increased oven spatter.
- Spatter can be reduced by lining the bottom of the roasting pan with lightly crushed aluminum foil.
- A foil "tent" will slow down surface browning for long-term roasting, as when roasting a turkey. Place tent-shaped foil loosely over meat to allow for air circulation. Do not seal foil or meat will be steamed.
- Use an accurate meat thermometer to determine when meat has reached desired degree of doneness. Insert thermometer into the center of the thickest portion of the meat or inner thigh or breast of poultry. For an accurate reading, the tip of the thermometer should not touch fat, bone or gristle.
- After reading the thermometer once, push it further into the meat ½ inch or more and read again. If the temperature drops, return the meat to the oven for more cooking.
- Remove standing rib roasts from the oven when the thermometer registers 5° to 10°F lower than the desired doneness. The meat will continue to cook after removal from the oven.
- Roasts will be easier to carve if allowed to stand 10-15 minutes after removal from the oven.



Foil Tent



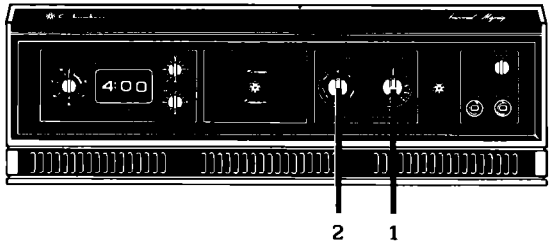
Meat Thermometer

ROASTING TIME AND TEMPERATURE CHART

Meat Cut	Weight in Pounds	Oven Thermostat Setting	Approx. Minutes Per Lb.	Meat Thermometer Temp. Degrees F.
Beef Rolled Rib				
rare	5-6	325	30	140
medium	5-6	325	35	150
well done	5-6	325	45	170
Standing Rib				
rare	6-7	325	25	140
medium	6-7	325	30	150
well done	6-7	325	40	170
Rump Roast				
medium	4-6	325	25	150
well done	4-6	325	30	170
Lamb Leg (half)				
	3-4	325	35	180
	6-7	325	30	180
Fresh Pork				
Loin	4-5	325	35	170
Shoulder	4-5	325	40	185
Poultry	3-4	400	40	***
*Chicken	5-7	350	30	***
Duck	10-12	325	25	***
Goose	6-10	325	25	***
**Turkey	10-16	325	20	170-175
	18-25	325	18	170-175
Fully Cooked Ham	3-5	325	18	130
	8-10	325	15	130
Veal	3-4	325	35	170
Loin	5-6	325	45	170
Shoulder				

*Add 15 minutes if chicken is stuffed
**Add 30 minutes if turkey is stuffed
***The muscles are not usually large enough to use a thermometer

BROILING



Broiling, a quick-cook method for tender cuts, will produce foods that are brown on the outside and moist and juicy on the inside.

To Use the Oven for Broiling

1. Arrange the oven racks in the desired positions. Place food on grid on broiler pan and place in the center of the oven rack.
2. Set the Thermostat (1) at the recommended temperature, see broiling chart, page 18.
3. Turn the Selector (2) to "BROIL." Do not preheat the broiler.
4. Close the oven door.

Broiling Tips

- Always place food on a cold broiler pan for even broiling.
- It is best not to pierce meat with a knife or fork so more natural juices will be retained.
- Broil food on one side for slightly more than half the recommended time, then season and turn it. Season the second side just before you remove it from the broiler.
- Trim the outer layer of fat from steaks and chops before broiling.
- Slit fatty edges to prevent meat from curling.
- Brush food with butter, sauce or seasoning, if desired, several times during broiling.
- When broiling fish or seafood, grease the broiler pan grid with butter or oil to prevent sticking.

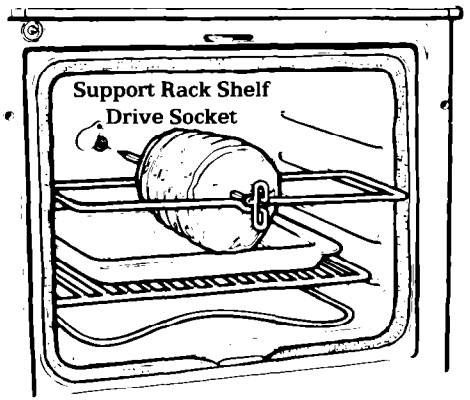
CAUTION: COVERING THE BROILER GRID WITH FOIL IS NOT RECOMMENDED. POOR DRAINAGE OF HOT FAT MAY RESULT IN A BROILER FIRE. If foil must be used, make sure slots are cut in foil to correspond to all openings in the broiler grid. Fat can then drip away from meat and cool in the pan.

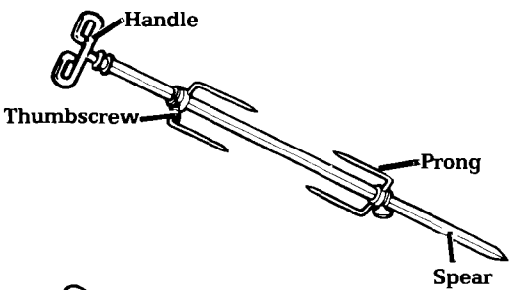
BROILING TIME AND TEMPERATURE CHART

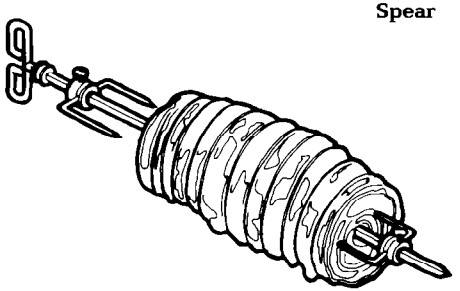
Recommended rack position number lowest (1) to highest (4)

Food	Rack Position	Thermostat Setting	Approximate Total Time
Steak — 1" thick			
rare	3	550°	13-15 min.
medium	3	550°	15-20 min.
well done	3	550°	20-25 min.
Steak — 1½ thick			
rare	3	550°	15-20 min.
medium	3	550°	20-25 min.
well done	3	550°	20-25 min.
Hamburger Patties	3	450°	15-20 min.
Lamb Chops — 1" thick	3	400°	20-30 min.
Ham Slice — 1" thick	3	400°	20-25 min.
Bacon	3	400°	5-7 min.
Frankfurters	3	400°	10-12 min.
Chicken Pieces	4	400°	60-70 min.
Fish	2	350°	20-25 min.
Calves Liver	3	350°	10-12 min.
Tomato Halves	3	550°	8-10 min.
Orange or Grapefruit Halves	2	550°	8-15 min.

ROTISSERIE



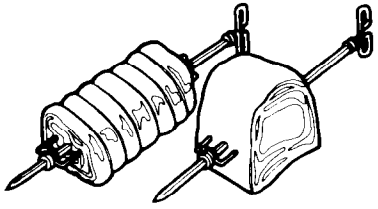


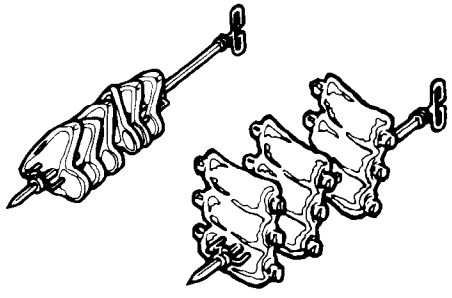


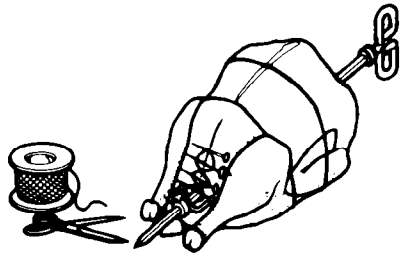
Rotissing, which is roasting food on a revolving spear while exposed to a heat source, is suitable for meats that can be broiled or roasted. Select tender cuts of meat and prepare them as for oven roasting.

To Use the Oven for Rotissing

1. Position the rotisserie support rack in rack position three so spear will fit into the drive socket located at the back of the oven.
2. Place the broiler pan on the oven rack in the lowest position to catch drippings.
3. Remove the prong nearest the pointed end of the spear. Center the meat on the spear. Slide the prong which was removed back onto the spear. Slide both prongs into the meat and tighten thumbscrews.
4. Place spear with food on the support rack. Swing the cover plate at the back of the oven cavity to the side and insert the spear into the drive socket. The rotisserie motor will start when the spear is inserted all the way.
5. Set the Thermostat to the recommended temperature, see rotisserie chart on page 21.
6. Turn the upper oven **selector** to "BROIL".
7. Close the oven door. Do not preheat the oven.
8. To remove the rotisserie spear from the oven, grasp the support rack with a potholder and pull it out. REMOVE SPEAR AND SUPPORT RACK CAREFULLY. THEY WILL BE HOT.







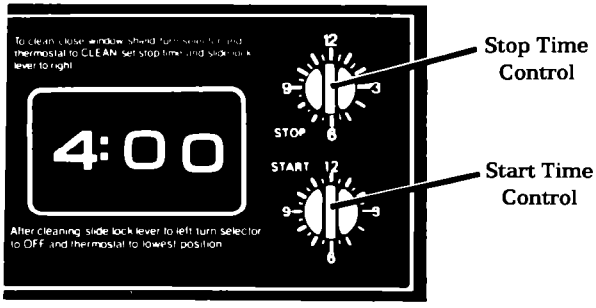
Rotissing Tips

- Rolled roasts are ideal for rotissing because they are easy to balance on the spear. Insert the spear through the center of the meat. Meat cuts with bones require planning for even weight distribution.
- Leave space between food when rotissing more than one item or a long item such as a spare rib strip. Browning and cooking are slowed where foods touch each other.
- Weave the spear in and out to form accordian folds, leaving a space between each fold, when rotissing ribs.
- Season, stuff (if desired) and truss poultry as for oven roasting. Also close any openings with skewers or string. For best results, baste poultry with butter or broth every 20-30 minutes during rotissing time.
- Meat can be marinated before rotissing or basted with a favorite sauce several times during cooking.
- Foods for rotissing should be no longer than rotisserie spear with a diameter of 7 inches or less.
- Make sure thumbscrews or prongs are tight. If prongs loosen during cooking, the spear will turn within the meat and heat will be concentrated on one side.
- Meats will be juicier and easier to carve if allowed to stand or rotate on the spear 10-15 minutes after the heat is turned off.
- When oven has cooled, be sure cover plate is over drive socket opening.

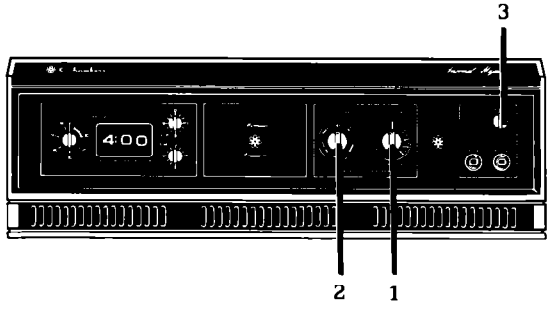
ROTISSERIE TIME AND TEMPERATURE CHART

Meat	Approximate Weight	Internal Temp. With Thermometer	Thermostat Settings	Approximate Total Time
Beef				
rolled rib roast	4-7 lbs.	Rare 140°	400°	1¼ to 2 hrs.
rolled rump roast	4-7 lbs.	Medium 160°	400°	1¾ to 2½ hrs.
		Well Done 170°	400°	2 to 3 hrs.
Pork				
rolled loin roast	3-5 lbs.	185°	375°	1¾ to 2½ hrs.
rolled shoulder roast	3-6 lbs.	185°	375°	1¾ to 3 hrs.
spareribs	1½-4 lbs.	185°	375°	time will depend on leanness
Canadian bacon	3-4 lbs.	185°	375°	1 to 1½ hrs.
half ham — ready to eat	6-7 lbs.	140°	375°	1½ to 2 hrs.
tenderized	6-7 lbs.	160°	375°	2 to 2½ hrs.
Veal				
rolled rump roast	3-5 lbs.	170°	400°	1½ to 2½ hrs.
Lamb				
rolled leg	3-5 lbs.	180°	400°	1¾ to 2½ hrs.
rolled loin roast	3-5 lbs.	180°	400°	1¾ to 2½ hrs.
Poultry				
chicken-broiler-fryer	2½-3½ lbs.	190°	425°	1 to 1½ hrs.
cornish hen	1 lb.	190°	425°	50 to 55 min.
duck	5-6 lbs.	190°	425°	1½ to 2 hrs.
Bologna roll			400°	heat thru
Frankfurters			425°	15 to 20 min.
Kabobs			425°	heat thru

Rotisserie times given in the chart are approximate. Actual cooking time depends upon meat diameter and meat composition (proportion of fat to lean). It is best to use a meat thermometer to determine doneness by interior temperature.



Setting Start Time—Stop Time



To Start Now and Stop Later

1. Arrange oven racks in desired positions and place food in oven.
2. Check to see if the digital clock is set at the correct time of day. If not, reset to the correct time following the instructions on page 9.
3. Set the Start Time Control.
   Push in and turn the Start Time Control until it "pops out" and shows the same time as the oven clock.
4. Set the Stop Time Control.
   Push in and turn the Stop Time Control to the time you want the heating element to turn off.

NOTE: When setting the Start Time or Stop Time Controls, each click on the dial equals approximately 15 minutes of cooking time.

5. Set the Thermostat (1) to the desired temperature.
6. Turn the Selector (2) to "TIME-BAKE."
7. Turn the Retained Heat (3) switch to "OFF."

What Happens During This Selection?

- The oven will come on immediately and maintain the temperature set on the Thermostat.
- At the end of the cooking period, the oven will shut off. The Serve Light will come on and stay on until the oven controls are manually turned off.

REMEMBER, WHEN YOU REMOVE FOOD FROM THE OVEN:

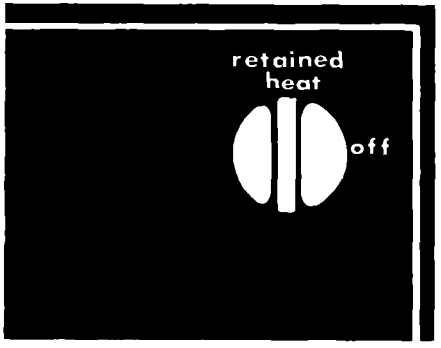
1. Turn the Thermostat to the low-end stop.
2. Turn the Selector to "OFF."

To Start and Stop Later

1. Check to see if the digital clock is set at the correct time of day. If not, reset to the correct time following the instructions on page 9.
2. Set the Start Time Control.
   Push in and turn the Start Time Control to the time you want the heating element to come on.
3. Set the Stop Time Control.
   Push in and turn the Stop Time Control to the time you want the heating element to turn off.
4. Set the Thermostat to the desired temperature.
5. Turn the Selector to "TIME-BAKE."
6. Turn the Retained Heat switch to "OFF."

What Happens During This Selection?

- The oven will come on at the start time selected and maintain the set temperature for the selected number of hours.
- At the end of the cooking period, the oven will shut off. The Serve light will come on and stay on until the oven controls are manually turned off.



To Use The Keep Warm Feature With Automatic Time Baking:

Follow instructions on pages 22 - 23 for Automatic Time Baking To Start Now or To Start Later. After turning the Selector to "TIME-BAKE," turn the Retained Heat Switch to "RETAINED HEAT."

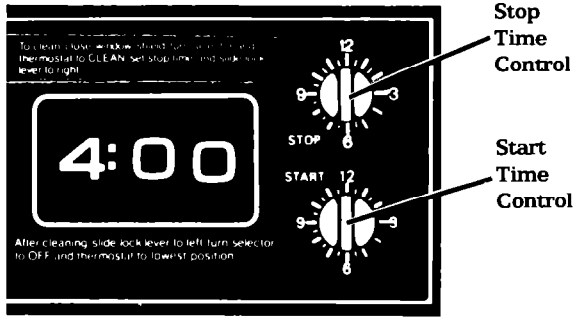
At the end of the selected cooking time, the oven will cool down and maintain a "Keep Warm" temperature (approximately 165°F) automatically until the oven controls are manually turned off.

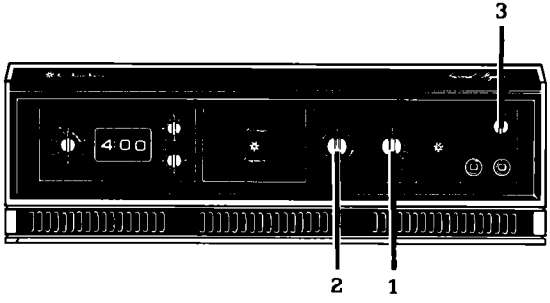
IMPORTANT: Some foods should not be used with the Keep Warm feature as they may spoil. Avoid milk, creamed dishes, eggs, poultry, meats, fish and stuffings.

RETAINED HEAT® COOKING

ABOUT RETAINED HEAT® COOKING ...

When an oven is used for normal cooking methods, such as baking and roasting, the heating element heats the oven cavity to maintain the temperature set on the thermostat. Certain amounts of this heat escape from the oven and are wasted. The CHAMBERS RETAINED HEAT oven is specially insulated around the oven cavity and door so that this heat is "retained" inside the oven and used for cooking food. This means that you can heat your Chambers oven to the required temperature, turn it off and cook food by "Retained Heat." When using the Retained Heat method for your regular recipes, the baking time must be shortened and the baking temperature raised. Please refer to the "Recipes for Success" Retained Heat Cookbook for more information.





To Start Now and Stop Later

1. Check to see if the digital clock is set at the correct time of day. If not, reset to the correct time following the instructions on page 9.
2. Set the Start Time Control.
   Push in and turn the Start Time Control until it "pops out" and shows the same time as the oven clock.
3. Set the Stop Time Control (length of "power on" period).
   Push in and turn the Stop Time Control to the time you want the heating element to turn off.

NOTE: When setting the Start Time or Stop Time Controls, each click on the Control equals approximately 15 minutes of cooking time.

4. Set the Thermostat (1) to the desired temperature.
5. Turn the Selector (2) to "TIME-BAKE."
6. Turn the Retained Heat Switch (3) to "RETAINED HEAT."

What Happens During This Selection?

- The oven will come on immediately and maintain the temperature set on the thermostat.
- At the end of the "power on" period, the Retained Heat Light will come on and the oven will begin cooking by Retained Heat.
- At the end of the Retained Heat cooking time, the oven will be maintained at 165°F by the Keep Warm thermostat. The Retained Heat Light and Oven Light will cycle on and off in conjunction with the heating elements until the Selector, Thermostat and Retained Heat Switch are manually turned off.

To Start and Stop Later

1. Check to see if the digital clock is set at the correct time of day. If not, reset to the correct time following the instructions on page 9.
2. Set the Start Time Control.
   Push in and turn the Start Time Control to the time you want the heating element to come on.
3. Set the Stop Time Control (length of "power on" period).
   Push in and turn the Stop Time Control to the time you want the heating element to turn off.
4. Set the Thermostat to the desired temperature.
5. Turn the Selector to "TIME-BAKE."
6. Turn the Retained Heat Switch to "RETAINED HEAT."

NOTE: The maximum combined start time delay plus cook time is 11¾ hours. This means the oven cannot be set at 8 p.m. (in the evening) to come on the next day at 2 p.m. (in the afternoon). Instead, the oven would come on at 2 a.m. in the morning.

What Happens During This Selection?

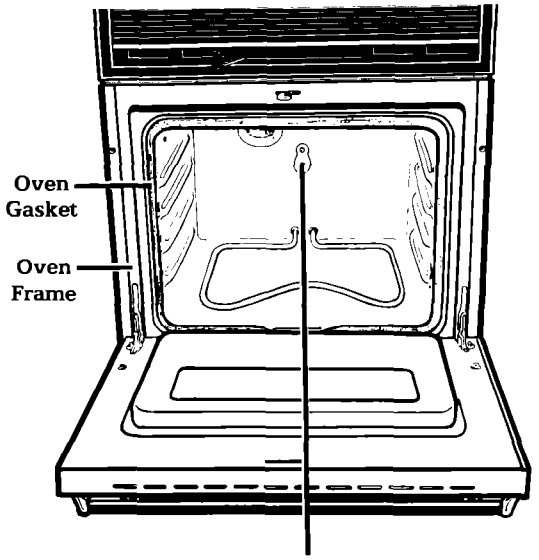
- The oven will come on at the start time selected and maintain the set temperature for the selected number of hours.
- At the end of the "power on" period, the Retained Heat Light will come on and the oven will begin cooking by Retained Heat.
- At the end of the Retained Heat cooking time, the oven will be maintained at 165°F by the Keep Warm Thermostat. The Retained Heat Light and Oven Light will cycle on and off in conjunction with the heating elements until the Selector, Thermostat and Retained Heat Switch are manually turned off.

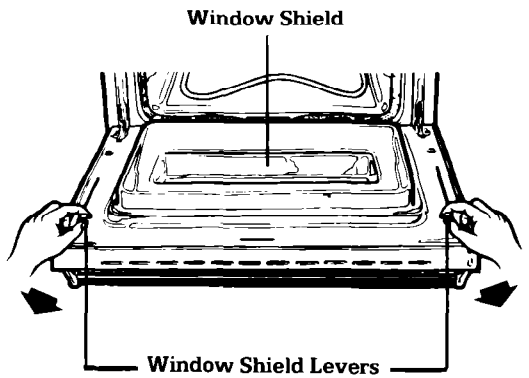
OVEN CARE AND CLEANING

Several types of finishes have been used on the parts of this oven. For the best cleaning results, follow the guide below for recommended cleaning procedures.

Part	Finish	Clean With
Broiler Pan	Porcelain Enamel	Detergent and hot water. Soap-filled steel wool pad with plenty of water. Rinse well.
Oven Racks Rotisserie Spear and Prongs	Nickle Plating	Detergent and hot water. Removable plated parts may be soaked in ammonia solution of 1 cup ammonia to 2 gallons of water.
Broiler Pan Grid Oven Front Frame	Chrome Plating	
Porcelain Door Panel	Porcelain Enamel	Detergent and hot water. Rinse and dry with soft cloth.
Satin Chrome Door Panel	Chrome Plating	Soap and hot water. Rinse and dry with soft cloth. Mild glass cleaner will remove fingermarks.
Glass in Door and Control Panel	Glass	Detergent and hot water. Mild glass cleaner.
Control Frame	Chrome Plating	Detergent and hot water. Mild glass cleaner will remove fingermarks.
Control Knobs	Plated Plastic	Detergent and hot water.
Oven Interior	Pyrolytic Porcelain Enamel	See Self-Cleaning Section (Pages 27-30)

OVEN SELF-CLEANING





The self-clean feature is designed to eliminate the need for scrubbing and scouring soil baked onto the oven interior. Food spatters on the oven walls become harder to remove each time the oven is heated, however, the Self-Clean cycle heats these soils to a higher temperature (850°F-900°F) where soil is "burned off."

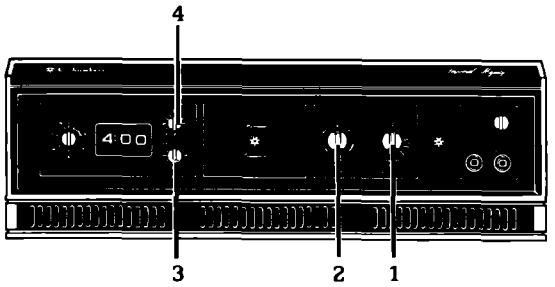
Before Starting the Self-Clean Cycle

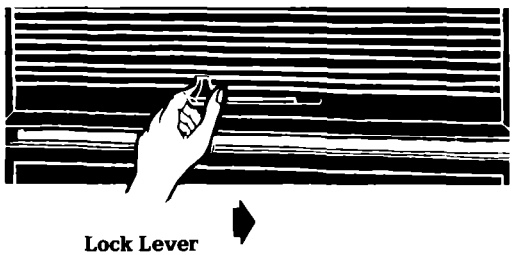
1. Remove all items from the oven.
   Remove oven racks according to instructions on page 11. It is recommended that the oven racks be removed as they will discolor and darken during the self-clean cycle. If the racks were left in the oven during the clean cycle, wipe the sides with vegetable oil after cleaning so they will slide easily. BROILER PAN, BROILER GRID OR COOKING UTENSILS SHOULD NOT BE CLEANED IN THE OVEN. HEAVY GREASE BUILDUP ON THESE ITEMS WILL PRODUCE SMOKE AND ODORS WHICH CAN BE DISCHARGED INTO THE KITCHEN.
2. Wipe up large spillovers.
   Wipe up large spillovers on the bottom and sides of the oven with a damp cloth or sponge.
   NEVER USE CHEMICAL OVEN CLEANERS INSIDE SELF-CLEANING OVEN OR ON RAISED PORTION OF THE DOOR.

   The smoke eliminator will handle the normal flow of odors during the clean cycle, however, minor smoke may be noticed when soil buildup is heavy.
3. Wipe Soil from Oven Frame and Door outside of Gasket. Wash with detergent and hot water, rinse well with a mixture of vinegar and water and wipe dry. A non-scratch scouring pad may be used on heavily soiled areas. Wash surfaces frequently to minimize overall cleaning as these areas are not cleaned during the self-clean cycle.

CAUTION: DO NOT SCRUB OR CLEAN OVEN DOOR GASKET.

4. Be sure Rotisserie Plug Cover is down.
5. Close the Window Shield.
   With the door fully opened, move the Window Shield Levers to the top of the window. The Oven Lock Lever will not lock unless Window Shield is up.





Lock Lever

To Start the Self-Clean Cycle

1. Follow steps under "Before Starting the Self-Clean Cycle."
2. Check to see that the digital clock is set at the correct time of day. If not, reset to the correct time following the instructions on page 9. Push in and turn Start Time Control (3) until it "pops out" and shows the same time as the oven clock.

NOTE: The self-clean cycle can be set to start at a later time automatically. Set the Start Time Control to the desired start time and the Stop Time Control to the desired stop time.

3. Close door.
4. Determine length of cleaning time needed from chart below. Push in and turn the Stop Time Control (4) to the hour cleaning should stop.

CLEAN TIME GUIDE	Soil Description	Set Stop Time Ahead
	Moderate Soil	2 hours
	Heavy Soil	3 hours

5. Turn the Selector (2) and Thermostat (1) to "CLEAN."
6. Slide Oven Lock Lever all the way to the right. You will hear a loud click. The clean cycle will now begin.

What Happens During the Self-Clean Cycle

After the controls are set:

- The Clean and Oven Lights will glow to tell you the oven is slowly heating to the clean temperature.
- The Lock Light will come on when the temperature reaches 575°-600° F (approximately 15 minutes).

At the End of the Cleaning Cycle

- The Oven Light will go out.
- The Clean Light will stay on.
- The Lock Light will continue to glow until the oven temperature drops below 550°F (approximately 45 minutes). The oven door cannot be opened until Lock Light goes out.
- After a clean cycle any powdery residue can be wiped away with a damp cloth. If white spots remain in the oven after a clean cycle, remove them with a non-scratch scouring pad before using the oven again. These spots are usually salt residues that cannot be removed during the Self-Clean cycle.
- If the soil removal was not complete, increase the length of the clean time in the next cycle.

To Interrupt Cleaning Cycle

Before lock light comes on:

1. Turn Stop Time Dial Control until it pops out.
2. Slide Lock Lever all the way to the left.
3. Turn Selector to "OFF" and Thermostat to the low-end stop.

DO NOT REVERSE ORDER OF STEPS OR DOOR WILL NOT OPEN.

After Lock Light Comes On:

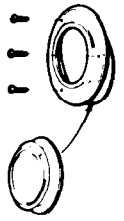
1. Turn Stop Time Control until it pops out.
2. Wait for Lock Light to go out.
3. Slide Lock Lever all the way to the left.
4. Turn Selector to "OFF" and Thermostat to the low-end stop.
5. Allow oven to cool.

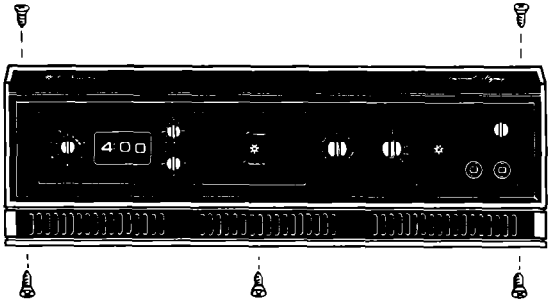
To Return Oven to Regular Use

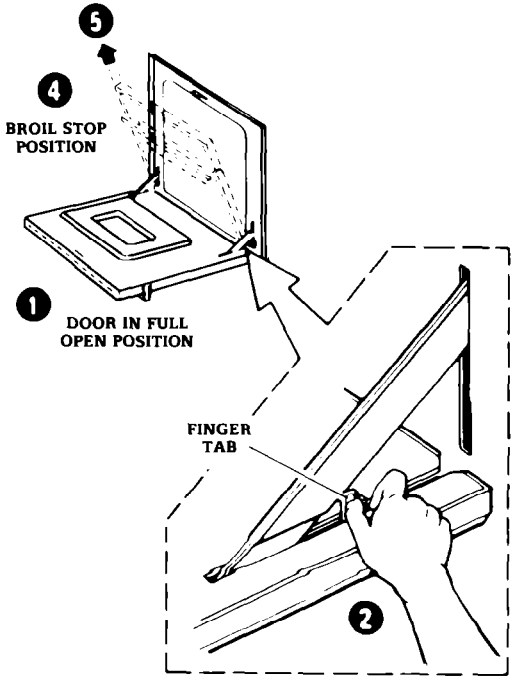
1. Slide the Lock Lever all the way to the left.
2. Turn the Selector to "OFF" and the Thermostat to the low-end stop. DO NOT REVERSE ORDER OF STEPS OR DOOR WILL NOT OPEN.
3. Allow oven to cool. Open door and lower window shield to use oven.

Oven Self-Cleaning Tips

- Evening is a good time to clean the oven, after normal oven use is completed.
- Small amounts of smoke escaping from the oven vent are normal when oven is heavily soiled. Excessive smoke may indicate heavy spillovers have not been wiped up.
- THE MICROWAVE OVEN WILL *NOT* OPERATE WHEN THE LOWER OVEN IS IN THE SELF-CLEAN CYCLE. After the cycle is complete, the Microwave Oven clock will need to be reset. See instructions on page 9.
- Do *not* force the Oven Lock Lever open when the Lock Light is on. Damage to the lock mechanism may result.
- Clean the lower oven regularly, before it becomes "excessively dirty." If oven is not clean after one cycle, repeat cleaning cycle.







To Replace Oven Light Bulb

CAUTION: make sure oven is cool before starting.

- Remove three screws in lens holder with a Phillips screwdriver.
- Lift holder, glass lens and gasket out.
- Unscrew oven light bulb and replace with a 40 watt appliance bulb.
- Replace gasket, lens and holder, and tighten screws.

To Replace Panel Light Bulb

- Turn off power and oven at electrical supply box before changing the light bulb. Remove bezel nut on oven light and panel light switch by turning counterclockwise.
- Remove all other knobs by pulling straight out.
- Remove the Phillips screw under the lock lever knob to remove knob off the lock lever.
- Remove the front three Phillips screws under the control frame and the two Phillips screws located on the top portion of the control frame, being careful to hold the control frame in place.
- Pull control frame forward.
- Remove the bulb by twisting and pulling forward.
- Replace used bulb with a GE F85T5 (8 watt) bulb (or equivalent) by twisting and pushing in.
- Replace control frame, screws, knob and oven light and panel light bezel nuts. Turn on the power.
- Reset digital and electronic clocks according to instructions on page 9.

To Remove Oven Door

Use caution as oven doors are heavy.

1. Open door completely.
2. Depress finger tab in oven door hinge area and push toward oven. Lift tab away from door lining and slide toward top of oven door.
3. Repeat step 2 on opposite side of door.
4. Close door to stop position (door will be open 6 inches).
5. Lift the door off the hinge arm assemblies.

Replace door by using the opposite procedure.

1. Replace door on hinge arm assemblies.
2. Open door completely.
3. Push finger tabs toward oven. Depress the tabs and slide toward top of door.
4. Close and open the door slowly to make sure it is replaced properly.

Chambers® COOKING EQUIPMENT WARRANTY

LENGTH OF WARRANTY:	CHAMBERS WILL PAY FOR:	CHAMBERS WILL NOT PAY FOR:
TWO YEAR FULL WARRANTY	Replacement parts and labor to correct defects in material or workmanship. Service must be provided by a Chambers authorized servicing outlet.	A. Service calls to: 1. Correct the installation of the cooking equipment. 2. Instruct you how to use the cooking equipment. 3. Replace house fuses or correct house wiring. B. Repairs when cooking equipment is used in other than normal home use. C. Damage resulting from accident, alteration, misuse, abuse, improper installation or installation not in accordance with local electrical codes. D. Any labor costs during limited warranty. E. Any glass part or the finish of a porcelain enameled, painted or bright metal part during the limited warranty.
FIVE YEAR LIMITED WARRANTY TWO YEAR FULL PLUS THIRD THROUGH FIFTH YEAR LIMITED FROM DATE OF INSTALLATION.	Replacement parts (labor costs not included) for any part other than a glass part or the finish of a porcelain enameled, painted or bright metal part, if defective in material or workmanship.	

CHAMBERS DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

* * * * * * * * *

HOW TO ARRANGE FOR SERVICE

- First call your dealer or repair service he recommends.
- All service should be handled locally by the dealer from whom you purchased the unit or an authorized Chambers servicing outlet. If your local service is not satisfactory, contact the Customer Relations Department, Chambers Division, P.O. Box 558, St. Joseph, Michigan 49085-0558.

WHEN YOU NEED SERVICE

Follow These steps

1. If your oven should fail to operate, review the following list before calling your dealer. You could save the cost of a service call.
   • Is the fuse or circuit breaker open? • Is selector control in correct mode?
2. If the problem is not due to one of the above items, see "How To Arrange For Service" listed in the Warranty Statement.
3. If you are not satisfied with the action taken, contact the Major Appliance Consumer Action Panel (MACAP). MACAP is a group of independent consumer experts that voices consumer views at the highest levels of the major appliance industry. Contact them only when the dealer, authorized servicing outlet, and Chambers Division have failed to resolve your problem.

Major Appliance Consumer Action Panel, 20 North Wacker Dr. Chicago, IL 60606

MACAP will in turn inform us of your action.

In all correspondence about your oven, please include:

- Date
- Your Name, Address, and Telephone Number
- Type of Appliance
- Brand
- Model Number
- Serial Number
- Date Purchased
- Dealer from which purchased (include address)
- Servicing Agent (include name and address if different from dealer)
- Location of Appliance
- A Clear Description of the Problem and the Service Required